

# **SAXON CROWN SWIMMING CLUB**

Presents

## **LEWISHAM PRIMARY SCHOOLS GALA 2010**

(Under ASA Law and Technical Rules)

**In Partnership with  
Parkwood Leisure Limited**

Friday 19<sup>th</sup> March 2010 - 6pm (5pm Registration)

At Ladywell Leisure Centre,  
261 Lewisham High Street, London, SE13 6NJ.

Year 5 Boys 1 Length Freestyle  
Year 5 Girls 1 Length Freestyle  
Year 6 Boys 1 Length Freestyle  
Year 6 Girls 1 Length Freestyle  
Year 5 Boys 1 Length Backstroke  
Year 5 Girls 1 Length Backstroke  
Year 6 Boys 1 Length Backstroke  
Year 6 Girls 1 Length Backstroke  
Year 5 Boys 1 Length Butterfly  
Year 5 Girls 1 Length Butterfly  
Year 6 Boys 1 Length Butterfly  
Year 6 Girls 1 Length Butterfly  
Year 5 Boys 1 Length Breaststroke  
Year 5 Girls 1 Length Breaststroke  
Year 6 Boys 1 Length Breaststroke  
Year 6 Girls 1 Length Breaststroke  
Mixed 4 x 1 Freestyle Relay  
Mixed 4 x 1 Medley Relay

**Closing Date Monday 8<sup>th</sup> March 2010**

For more information please contact;  
Tony Bagnall, Saxon Crown Swimming Club, 07811982110  
[tonybagnall@saxoncrown.org.uk](mailto:tonybagnall@saxoncrown.org.uk)

Entries should be returned to;  
Tony Bagnall, Lewisham Sport and Leisure Service,  
First Floor, Town Hall Chambers, Catford, SE6 4RU  
or emailed to [tonybagnall@saxoncrown.org.uk](mailto:tonybagnall@saxoncrown.org.uk)

## **Rules & Guidance Notes**

1. The length of the pool is  $36 \frac{2}{3}$  yards.
2. The gala will be swum under ASA Laws (can be found here [<Ctrl+Click>](#)) and Technical Rules (provided below).
3. The gala is open to all pupils in year 5 and 6 attending a primary school in the London Borough of Lewisham. They must represent the primary school which they attend.
4. Each school is limited to a maximum of 2 entries per individual event and 1 team in each relay event. Each swimmer can enter as many individual events as they want within their age group.
5. Relay teams should be made up of 2 Boys and 2 Girls from either years 5 or 6.
6. In 'Freestyle' events the swimmers can swim any stroke they want. The normal stroke swum in Freestyle events is 'Frontcrawl' as this is the fastest.
7. The Parkwood Trophy will be awarded to school with the most points at the end of the gala. Points are awarded as follows;  
1<sup>st</sup> place - 6 points, 2<sup>nd</sup> place - 5 points,  
3<sup>rd</sup> place - 4 points, 4<sup>th</sup> place - 3 points,  
5<sup>th</sup> place - 2 points, 6<sup>th</sup> place - 1 point.  
Relays will not count towards the Best School Trophy.
6. Awards will be presented to the top 6 swimmers in each individual event, the top 3 disabilities swimmers in each individual event and to the top 3 teams in the relay events.
7. Please ensure all swimmers can swim at least 100 metres of the stroke they are entered for using the correct legal technique as in ASA law.  
**Swimmers will be disqualified for illegal strokes.**
8. Each school will need to provide a Team Manager (maximum of 2 team managers on poolside per school) to look after their swimmers on poolside and ensure they report to the marshalling area in good time for their swim.
9. The closing date for entries will be Monday 8<sup>th</sup> March 2009. The Number of competitors per event will be limited, entries will be taken on a first come first served basis. Once each event has been filled no further entries will be excepted. **Entries after the closing date will not be accepted.**

## **ASA Technical Rules**

1. A competitor may not walk during a race.
2. Pulling on the lane rope is not allowed
3. A relay team shall be disqualified from a race if a member of the team enters the water while the race is in progress unless he does so for the purpose of starting his leg.
4. The team of a competitor, taking over from another swimmer in his/her team, whose hands or hands have lost touch with his starting place before the proceeding swimmer touches the end, shall be disqualified.
5. Freestyle – In a Freestyle event the style is not designated, so the swimmer may swim any style (although Front Crawl is the fastest). Some part of the swimmer must touch the wall at the finish.
6. Breaststroke - From the beginning of the first arm stroke after the start and after each turn the body shall be kept on the breast. It is not permitted to roll onto the back at any time.  
All movements of the arms shall be simultaneous and in the same horizontal plane without alternating.  
The hands shall be pushed forward together from the breast on, under or over the water. The elbows shall be under the water. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start.  
At the finish of the race the touch shall be made with both hands simultaneously at or below the water level. During each complete cycle of arm stroke and one leg kick, in that order, some part of the swimmer head shall break the surface of the water.
7. Backstroke - At the signal for the start the swimmer shall push off and swim upon his/her back throughout the race. Upon the finish of the race the swimmer must touch the wall while on the back.
8. Butterfly - From the beginning of the first arm stroke after the start and after each turn the body shall be kept on the breast. Underwater kicking on the side is allowed. It is not permitted to roll onto the back at any time.  
Both arms shall be brought forward together over the water and brought backwards simultaneously through-out the race.  
All up and down movements or the legs must be simultaneous.  
Breaststroke kicking is not permitted.

# **ASA TECHNICAL RULES – GUIDE FOR TEACHERS AND TEAM MANAGERS**

**Please note that this gala will be run under ASA rules. This is to ensure that the competition is fair to everyone. Swimmers will be disqualified for not performing the strokes correctly within the rules. Please ensure your swimmers understand the rules and can perform the strokes correctly before entering them.**

Below is a list that covers the main reasons why young swimmers get disqualified in swimming competitions under ASA rules. Please use it to help avoid disappointments! It is not a complete guide and does not, for example, cover rules for turns, because this gala only has one length swims on the programme.

Please check that swimmers can follow the rules on simultaneous leg and arm actions (Breaststroke and Butterfly), turning feet out (on Breaststroke) and/or arms clearing the water (on Butterfly) before entering them for Breaststroke or Butterfly events. (There are some exemptions for swimmers with physical impairments – please check with us if this may apply).

## ***TOP TEN TIPS TO STAY WITHIN ASA RULES FOR SWIMMING***

1. All swimmers must keep going until they touch the end, keep their feet moving in the water and try to stay in the middle of the lane (walking or using the lane ropes or side to pull yourself along is not allowed).
2. Relay swimmers who take over with a dive start from an incoming swimmer must keep their feet on the block or side until the incoming swimmer touches the wall. (Encourage them to watch the incoming swimmer and avoid all distractions).
3. Relay swimmers who take over in the water from an incoming swimmer must keep one hand on the wall until the incoming swimmer touches the wall.
4. Backstroke swimmers must start on their back and stay on their back until they touch the far end with their hand, arm, head or shoulder. (Encourage them to use the backstroke flags, 5 metres from the end, to judge where the end is: they should practise counting strokes from the flags in the warm up).
5. Breaststroke and Butterfly swimmers must touch the end with both hands at the same time.

6. Underwater swimming is limited. In Breaststroke, swimmers are allowed one long pull with their arm and one Breaststroke kick to the surface: if they dive too deep they should stretch out, look up, and glide to the surface (not make any extra kicks or arm actions). In Freestyle, Backstroke and Butterfly, underwater swimming is limited to 15 metres, but this is not usually a problem for young swimmers.
7. Breaststroke and Butterfly swimmers must make sure both arms do the same thing and both legs do the same thing, all the way through the race. (So flutter kicking to the surface from a dive is not allowed).
8. Breaststroke swimmers should be encouraged to keep their hands in front of their chests/shoulders from when they surface to the end of the race and to breathe on every stroke (the rules are that their hands must not go past the line of their hips except for one underwater stroke - see point 6, and that some part of their head must break the surface in every stroke cycle).
9. Breaststroke swimmers' toes must be turned out while they are kicking back and down and butterfly swimmers' toes must point straight back or in towards the centre line of their bodies.
10. Butterfly swimmers must recover their arms over the water throughout the race, so if they get totally exhausted at the end, they should stretch out and dolphin kick for the last stroke (they must not switch to breaststroke even for the last stroke or two at the end).

# **SAFETY RULES AND ASA LAWS**

## **Guidance for teachers and team managers**

1. One start rule will be in operation
2. Diving will be allowed for all individual events and relay starts and takeovers that take place in the deep end.
3. It is the responsibility of competitors, coaches and schools to ensure that all swimmers are competent, to the standard of the ASA competitive start award to dive start under the above conditions. Alternatively, swimmers are reminded that they may start in the water.
4. In the event of a false start, swimmers should perform a safe entry and not fall into the water.
5. During the warm up swimmers and teachers must ensure that they (and swimmers in their charge) take no action which would endanger themselves or others. The instructions of the lifeguards must be obeyed immediately.
6. All relays to start in the DEEP end of the pool.
7. Competitors doing the 2<sup>nd</sup> and 4<sup>th</sup> legs of the freestyle relay and the 2<sup>nd</sup> and 4<sup>th</sup> legs of the medley relay (all shallow to deep) must start in the water.
8. This competition will be swum under ASA Laws and ASA Technical Rules.
9. Anyone observing anything they consider to be a safety hazard must report it to the organiser.
10. Everyone attending the gala must take all steps to ensure their own safety and the safety of others.
11. In accordance with the ASA Child Protection Policy, any person wishing to engage in video, zoom or close range photography should register their details at the entrance before carrying out such photography.